



VISIT TOHOKU,
FIND JAPAN.

English
简体中文 / 繁體中文
한국어

青森 ≈ 函館

AOMORI

青森 青森 아오모리

HAKODATE

函馆 函館 하코다테



Aomori and Hakodate
Tourism Character "Ikube"®

JR JR
JR北海道 JR東日本



[Aomori Prefecture/Towada]

Oirase Gorge

奥入瀬渓流

For about 14 km from Nenokuchi on Lake Towada to Yakeyama, a stream with ever-changing views flows through the gorge amidst strangely-shaped rocks and scenic spots.

从十和田湖的子之口到焼山的約14km, 绵延着千变万化的美丽溪流、奇岩、奇景。

從十和田湖的子之口到燒山的約14km, 繼延著千變萬化的美麗溪流、奇岩、奇景。

도와다코 호수의 네노쿠치에서 야케야마 산까지 약 14km에는 변화무쌍하게 흐르는 아름다운 물줄기와 기암·기승이 펼쳐집니다.

TEL 0176-74-1233 (Oirase Gorge Museum)

(To Yakeyama)

- (1) About 1 hr 30 min by bus from Hachinohe Station on the JR Tohoku Shinkansen
- (2) About 1 hr by bus from Shichinohe-Towada Station on the JR Tohoku Shinkansen (shuttle bus) *Operates from Jun-Oct (current plan); see page 19 for details
- (3) About 2 hr by bus from Shin-Aomori Station on the JR Tohoku Shinkansen



[Aomori Prefecture/Aomori]

Hakkoda (Hakkoda Ropeway)

八甲田(八甲田ロープウェー)

Look out over Aomori City and the Tsugaru region from Hakkoda-Tamoyachidake Sancho-koen Station. In late Sep, the autumn colors begin to appear around the mountain peaks and it is a sight worth seeing.

在八甲田·田茂蕪岳山顶公园站附近, 可将青森市及津轻地区尽收眼底。9月下旬, 从山顶附近开始出现红叶, 景色非常美丽。

在八甲田·田茂蕪岳山顶公园站附近, 可將青森市及津輕地區盡收眼底。9月下旬, 從山頂附近開始出現紅葉, 景色非常美麗。

핫코다·다모야치다케 산정공원역 부근에서는 아오모리시와 쓰가루 지방을 한눈에 볼 수 있습니다. 9월 하순에는 산 정상 부근에서 단풍이 시작되어 아주 놀 만합니다.

TEL 017-738-0343

About 1 hr by bus from Shin-Aomori Station on the JR Tohoku Shinkansen or about 1 hr 20 min from Aomori Station on the JR Ōu Line



[Aomori Prefecture/Fukaura]

Juniko Lakes (Aoike Pond)

十二湖(青池)

Juniko Lakes (Twelve Lakes) is the general name for a group of 33 lakes and marshes produced by a major earthquake in the Edo period. It was named "Juniko" because when you look out over the area from Mount Kuzure, 12 lakes can be seen. The mystical scenery of the area encompasses Aoike (blue pond), which looks as if blue ink has been poured into it, and the magnificent Nihon Canyon.

这是对江户时代的大地震诞生出的33个湖沼群的总称。从可眺望十二湖的崩山可看到12个湖沼, 因此被命名为“十二湖”。宛如流淌着蓝色墨汁一般的“青池”、雄伟的日本峡谷等, 神秘的景观铺展开来。

這是對江戶時代的大地震誕生出的33個湖沼群的總稱。從可眺望十二湖的崩山可看到12個湖沼, 因此被命名為「十二湖」。宛如流淌著藍色墨汁一般的「青池」、雄偉的日本峽谷等, 神秘的景觀鋪展開來。

에도 시대 대지진으로 만들어진 33개 호수와 늪의 총칭. 주니코가 한눈에 들어 오는 구조레야마 산에서 보면 12개의 호수와 늪이 보인다고 해서 「주니코 (12개의 호수)」라고 명명되었습니다. 푸른 잉크를 쏟아 놓은 듯한 「아오이케」와 웅대한 일본 캐니언 등 신비한 경관이 펼쳐집니다.

TEL Apr-Nov

TEL 0173-74-4412 (Fukaura Town Tourism Division)

About 15 min by car from Juniko Station on the JR Gonō Line



[Aomori Prefecture/Tsugaru]

Takayama Inari Shrine

高山稻荷神社

This shrine is said to be favored by the gods of bountiful harvests, marine safety and prosperous business. The many bright-red torii gates standing in a line is a highlight.

是一个据说能够保佑五谷丰登、海上安全、生意兴隆的神社。排成一排的鲜红“千本鸟居”令人叹为观止。

是一个據說能夠保佑五穀豐登、海上安全、生意興隆的神社。排成一排的鮮紅“千本鳥居”令人歎為觀止。

오곡풍작, 해상 안전, 상업 번창의 신으로 영험하다고 알려진 신사. 겹겹이 늘어선 새빨간 센본도리이(千本鳥居)가 압권입니다.

TEL 0173-56-2015

About 30 min by car from Kizukuri Station on the JR Gonō Line



[Aomori Prefecture/Hachinohe]

Tanesashi Coast

種差海岸

The Tanesashi Coast features the "Shore of Flowers", where precious and diverse plants are in full bloom, and was designated the "Sanriku Reconstruction National Park" in 2013. The coastal beauty and the wide expanse of the Natural Lawn are spectacular.

這是珍贵而多样的植物争奇斗艳的“花之海滨”, 在 2013 年被指定为“三陆复兴国立公园”。除了有无垠的天然草坪外, 海岸之美也精彩绝伦。

這是珍貴而多樣的植物爭奇鬥艷的「花之海濱」, 在 2013 年被指定為「三陸復興國立公園」。除了有無垠的天然草坪外, 海岸之美也精彩絕倫。

귀중하고 다양한 식물이 만발하는 「꽃의 물결」로 2013년 「산리쿠 부흥 국립공원」에 지정되었습니다. 전면에 펼쳐진 천연 잔디밭 외에도 해안의 아름다움이 뛰어납니다.

TEL 0178-51-8500 (Tanesashi Coast Information Center)
TEL 0178-70-1110 (VISIT Hachinohe)

About 5 min on foot from Tanesashikagai Station on the JR Hachinohe Line



[Aomori Prefecture/Sai]

Hotokegaura

仏ヶ浦

It could be called nature's art: a mystical landscape spreads out before you with enormous, strangely-shaped rocks facing the sea in a row. Hotokegaura has been designated a national natural monument.

面朝大海, 巨石奇岩林立, 堪稱自然藝術的神秘景色展現在眼前。被指定為國家天然紀念物與名勝。

面朝大海, 巨石奇岩林立, 堪稱自然藝術的神秘景色展現在眼前。被指定為國家天然紀念物與名勝。

바다를 마주한 거암·기암이 즐비해 자연의 예술이라 할 수 있는 신비한 경치가 펼쳐져 있습니다.국가 천연기념물·명승지로 지정되어 있습니다.

TEL 0175-38-4515 (Sai Village Tourist Association)

About 2 hr by car from Shimokita Station on the JR Ōminato Line, or about 2 hr 20 min by bus from Shimokita Station on the JR Ōminato Line, getting off at Sai and taking a sightseeing boat for about 30 min, or about 1 hr by car from the Tsugaru Kaikyo Ferry Oma Terminal



[Aomori Prefecture/Tsuruta]

Tsuru-no-Mai Bridge (in Fujimiko Park)

鶴の舞橋(富士見湖パーク内)

The bridge is made of wood in three arched sections and, at 300 meters, it is the longest wooden bridge in Japan. It was built using Japanese cypress from Aomori Prefecture. The view is as beautiful as a crane spreading its wings.

全长300米, 在木造的三連太鼓橋(拱橋)中, 擁有日本第一長度。使用青森縣產的羅漢柏木材建造,宛如仙鶴展翅膀, 景觀非常美麗。

全長300公尺, 在木造的三連太鼓橋(拱橋)中, 擁有日本第一長度。使用青森縣產的羅漢柏木材建造。宛如仙鶴展翅膀, 景觀非常美麗。

전체 길이 약 300m로 목조로 된 삼연 흥예교 (아치교)로는 일본에서 가장 길니다. 아오모리산 노송나무 목재를 사용했습니다. 학이 날개를 펼친 듯한 아름다운 경관입니다.

TEL 0173-22-2111 (Tsuruta Town Planning Tourism and Division)

About 10 min by car from Mutsu-Tsuruda Station on the JR Gonō Line



[Aomori Prefecture/Higashidori]

Kandachime horses living at Cape Shiriya

尻屋崎に生息する寒立馬

The horses called "kandachime" are natural treasures of the prefecture. They live all year round at Cape Shiriya and are built to endure the harsh winters. In springtime you can see the cute newborn foals.

在尻屋崎周邊, 有全年都放牧的縣天然紀念物“寒立馬”, 展現出抵抗寒冬的魁梧身姿和春季生育季節與小馬駒一起的可愛身姿。

在尻屋崎周邊, 有全年都放牧的縣天然紀念物“寒立馬”, 展現出抵抗寒冬的魁梧身姿和春季生育季節與小馬駒一起的可愛身姿。

시리야자키 주변에는 1년 내내 방목하는 혐의 천연기념물 간디자메 말이 있습니다. 엄동설한을 견디내는 씩씩한 모습과 봄 출산 시즌에는 맘이자와 사랑스러운 모습을 보여줍니다.

TEL 0175-27-2111 (Higashidori Village, Office of Commerce, Industry and Tourism)

About 10 min by bus from Shimokita Station on the JR Ōminato Line, then transfer at Mutsu Bus Terminal and take a bus for about 1 hr


[Hokkaido/Nanae]
Onuma Park
大沼公園

The beautiful scenery of this quasi-national park includes the magnificent Mount Komagatake as well as Lakes Onuma and Konuma. Enjoy sightseeing boats, rowing and cycling.

这是秀峰駒岳、大沼、小沼等景色秀丽的国定公园。还可乘坐游览船、划皮划艇、骑自行车等，享受乐趣。

這是秀峰駒岳、大沼、小沼等景色秀麗的國定公園。還可搭乘遊覽船、劃皮划艇、騎自行車等，享受樂趣。

수봉 고마가다케와 오누마 늪, 고누마 늪 등 경치가 아름다운 국정 공원. 유람선과 보트, 사이클링 등도 즐길 수 있습니다.

0138-67-2170 (Onuma International Communication Plaza)

About 5 min on foot from Ōnumakōen Station on the JR Hakodate Line


[Hokkaido/Setana]
Ota Shrine
太田神社

The main building looks out over the Sea of Japan

Hokkaido's oldest sacred mountain site is located on Mount Ota, which towers above steep cliffs. If you climb all the way up to the main building, a wonderful view out to Okushiri Island awaits you.

位于悬崖峭壁耸立的太田山，是北海道最古老的山岳灵场。登上正殿后，可眺望日本海、奥尻岛，绝美的景色等待着您的到来。

位於懸崖峭壁聳立的太田山，是北海道最古老的山嶽靈場。登上正殿後，可眺望日本海、奧尻島，絕美的景色等待著您的到來。

깎아지는 듯한 절벽이 솟은 오타산에 있는 허카이도에서 가장 오래된 산악 영지. 본전까지 오르면 동해와 오쿠시리 섬을 바라보는 절경이 기다리고 있습니다.

0137-84-6205 (Setana Tourism Association)

About 2 hr 30 min by car from Hakodate Station on the JR Hakodate Line


[Hokkaido/Hakodate]
Mount Hakodate Night View
函館山夜景

The view from Mount Hakodate has been given a three-star rating from the "Michelin Green Guide Japon". Visitors are sure to be impressed by the superb night view from the observatory at 334 meters. You can take a bus or use the ropeway to reach the top.

这是从函馆山的眺望景色，在「日本米其林绿色指南」中获得了三星。从海拔334米的展望台眺望到的极致夜景无疑令人感动。可乘坐巴士及缆车到达山顶。

這是從函館山的眺望景色，在「日本米其林綠色指南」中獲得了三星。從海拔334公尺的展望台眺望到的極致夜景無疑令人感動。可搭乘巴士及纜車到達山頂。

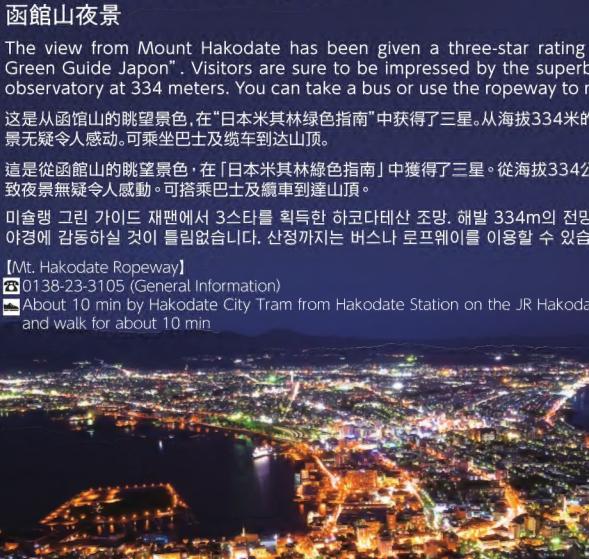
這是從函館山的眺望景色，在「日本米其林綠色指南」中獲得了三星。從海拔334公尺的展望台眺望到的極致夜景無疑令人感動。可搭乘巴士及纜車到達山頂。

미술관 그린 가이드 세판에서 3스타를 획득한 하코다테산 조망. 해발 334m의 전망대에서 바라보는 극상의 야경에 감동하실 것이 틀림없습니다. 산정까지는 버스나 로프웨이를 이용할 수 있습니다.

[Mt. Hakodate Ropeway]

0138-23-3105 (General Information)

About 10 min by Hakodate City Tram from Hakodate Station on the JR Hakodate Line; get off at Jujigai and walk for about 10 min


[Hokkaido/Okushiri]
Nabetsuru Rock
なべつる岩

The rock is a symbol of Okushiri Island. In the morning you can sometimes see the morning sun through the opening in the rock, and at night it is illuminated so that it appears to float on the dark sea.

這是奧尻島的象征。早晨有時可從岩縫看到朝陽，夜晚點亮燈飾，漂浮在漆黑的海上。

這是奧尻島的象徵。早晨有時可從岩縫看到朝陽，夜晚點亮燈飾，漂浮在漆黑的海上。

오쿠시리 섬의 상징. 아침에는 시기에 따라 바위틈으로 아침 해가 보이고, 밤에는 조명을 받아 어두운 바다 위로 떠오릅니다.

01397-2-2351 (Okushiri Town Commerce, Industry and Tourism Officer)

About 1 hr 30 min by bus from Kikonai Station on the JR Hokkaido Shinkansen or the South Hokkaido (Donan Isaribi) Railway; get off at Ubagami-cho Ferry-mae and walk for about 5 min, then take a ferry from the Esashi Ferry Terminal. The trip is about 2 hr 10 min; get off at the Okushiri Port Ferry Terminal and walk for about 15 min


[Hokkaido/Assabu]
Hiba Jii-san
ヒバ爺さん

This giant Japanese cypress has a diameter of about 2 meters and is about 30 meters high. It is said to be 500-600 years old.

這是一棵直徑約2米、高約30米的巨大羅漢柏，據說樹齡有500年~600年。

這是直徑約2公尺、高約30公尺的巨大羅漢柏，據說樹齡有500年~600年。

직경 약 2m, 높이 약 30m, 수령 500년~600년이라는 노송나무 거목입니다.

0139-64-3314 (Assabu Town, Agriculture, Forestry, Commerce and Industry Division, Commerce, Industry and Tourism Official)

About 40 min by car from Shin-Hakodate-Hokuto Station on the JR Hokkaido Shinkansen


[Hokkaido/Otoe]
Takise Coast [Shirafura]
滝瀬海岸【シラフラ】

The beautiful coastline with its white cliffs is called "Shirafura" (white slopes). When the sunset stains the cliffs red, it produces a magical atmosphere.

"Shirafura" (阿依努語, 意为白色倾斜地), 是一个白色悬崖连绵的美丽海岸线。夕阳染红的Shirafura也展现出如梦似幻的氛围。

「Shirafura」(阿依努語, 意為白色傾斜地)」, 是一個白色懸崖連繩的美麗海岸線。夕陽染紅的Shirafura也展現出如夢似幻的氛圍。

하얀 절벽이 계속되며 아름다운 해안선이 이어지는 「시라후라」(하얀 경사지), 석양으로 붉게 물든 시라후라 해변도 환상적인 분위기를 자아냅니다.

0139-62-2871 (Otoe Town, Commerce and Industry Division, Commerce, Industry and Tourism Official)

About 1 hr by car from Shin-Hakodate-Hokuto Station on the JR Hokkaido Shinkansen

[Aomori Prefecture/Hirosaki]
Hirosaki Museum of Contemporary Art
弘前れんが倉庫美術館

The Brick Warehouse was built as a sake brewery in the Meiji/Taisho period. It has been renovated and the grand opening of the museum was in Jul 2020. An artwork of Yoshitomo Nara, who is from Hirosaki, is displayed at the entrance.

將明治、大正時期建造的釀酒廠進行改建，於2020年7月作為美術館隆重開張。在入口大廳還展覽著弘前出身的藝術家奈良美智的作品。

메이지·다이쇼기 건축물인 주조공장을 개수하여 2020년 7월 미술관으로 그랜드 오픈. 입구에는 히로사키 출신 아티스트 나라 요시토모의 작품도 전시되어 있습니다.

0172-32-8950

About 10 min by bus from Hirosaki Station on the JR Ou Line; get off at Naka-datemachi and walk for about 5 min



Enjoy a casual lunch or proper French meal at the cafe and shop!



Ron Mueck - **«Standing Woman»**
Photography: Kuniya Oyamada



Choi Jeong Hwa **«Flower Horse»** Yoshitomo Nara **«Yoshitomo Girl 2012»**,
Paul Morrison, <Ochrea> Photography: Kuniya Oyamada

[Aomori Prefecture/Aomori]
Aomori Museum of Art
青森県立美術館

The museum has a permanent exhibition displaying the works of artists with connections to Aomori Prefecture, such as Yoshitomo Nara and Shiko Munakata. All four backdrops painted by Marc Chagall for the ballet "Aleko" are open to the public for viewing.

以常設展的方式展覽著藝術家奈良美智、棟方志功等與青森縣有淵源的作品。匯集了夏加爾創作的芭蕾舞劇《阿萊科》(Arec)的全部4幅舞台背景畫,並向公眾開放。

以常設展的方式展覽著藝術家奈良美智、棟方志功等與青森縣有淵源的作品。匯集了夏加爾創作的芭蕾舞劇《阿萊科》(Arec)的全部4幅舞台背景畫,並向公眾開放。

예술가 나라 요시토모, 무나카타 시코 등 오아모리현을 연고로 하는 작가의 작품을 상설전시. 사갈의 발레 「알레코」 무대 배경화 4 작품 모두를 모아 일상에 공개하고 있습니다.

017-783-3000

About 10 min by bus from Shin-Aomori Station on the JR Tohoku Shinkansen

[Aomori Prefecture/Inakadate]
Rice paddy art
田んぼアート

At the first rice paddy art venue, the 2019 theme was the TV drama "Oshin" ©NHK



The rice paddies in two locations plant different-colored rice plants to create artworks, with each area having a different theme every year. The sense of scale when viewed from the observation tower and the skillful techniques used are remarkable.

每年以不同的主題，在2個會場的稻田種植顏色不同的水稻，創作巨大的藝術品。從展望露台眺望的規模感與技術的絕妙精彩成為了熱議的話題。

每年以不同的主題，在2個會場的稻田種植顏色不同的水稻，創作巨大的藝術品。從展望露台眺望的規模感與技術的絕妙精彩成為了熱議的話題。

매해 다른 테마로 두 곳의 논에 색이 다른 벼를 심어 거대한 이트로. 전망대에서 바라보는 스케일감과 훌륭한 기술이 화제입니다.

Jun 12 - Oct 3

0172-58-2111 (Inakadate Village Planning Tourism and Division)

[Venue 1 (paddies on the east side of Inakadate Village Hall/Inakadate Village Observation Platform)]

About 5 min by car from Inakadate Station on the Konan Line of the Konan Railway

[Venue 2 (Michi-no-Eki Inakadate / Yayoi no Sato Observation Platform)]

A short walk from Tamboato Station on the Konan Line of the Konan Railway

*A free shuttle is available linking both Venues 1 and 2



Scheduled opening after renewal on Apr 20, 2021

[Aomori Prefecture/Misawa]
Misawa Aviation & Science Museum, Aomori
青森県立三沢航空科学館

The museum has the largest airplane display area and the largest number of planes in Japan. The museum displays a full-scale reconstruction of the Miss Veedol, the first plane to successfully fly non-stop across the Pacific Ocean, and an actual YS-11, the first passenger plane built in Japan after World War II. Attractions offering hands-on participation are also popular.

飛機的展覽面積與展覽數量為日本最大規模。展覽著世界首次成功不著陸飛越太平洋的“維多爾小姐號”飛機的實物大小復原機、以及二戰後首架日本國產客機YS-11實際飛機等。參加體驗型的娛樂項目也很歡迎。

항공기 전시면적과 전시기수로는 일본 최대규모. 세계 최초로 태평양 무착륙 횡단비행에 성공한 미스 비들호의 실물 복원기와 전후 최초의 국산 여객기 YS-11 실제 기기의 전시 등이 있습니다. 참여 체험형 놀이기구도 인기입니다.

0176-50-7777 About 15 min by car from Misawa Station on the Aomori Railway

[Aomori Prefecture/Aomori]

Aomori Nebuta Festival

<National Important Intangible Folk Cultural Property>

青森ねぶた祭

Tohoku
Three great festivals

Creating nebuta floats / Hiroo Takenami



With crowds of spectators numbering around 2.8 million, the Nebuta Festival is one of the main fire festivals in Japan. It features about 20 giant floats weighing around 4 tons each, and they are accompanied through the city streets by boisterous festival dancers called "haneto". On the festival eve, all the gathered floats in "Nebuta Rasse Land" are illuminated. On the final day of the festival, the floats take to the sea and at night the summer sky is brilliantly lit up with 11,000 fireworks.

这是一个日本代表性的节日祭典,有约280万名游客到访,热闹非凡。约20个重达约4吨的大型睡魔灯笼,与翩翩狂舞的舞者一起在大街上游行。前夜祭全部睡魔灯笼点亮灯火,在睡魔灯笼Rassel Land汇聚一堂。在最后一天的海上游行中,1万千发的烟火将夏季的夜空装点得绚丽多彩。

這是一個日本代表性的節日祭典,有約280萬名遊客到訪,熱鬧非凡。約20個重達約4噸的大型睡魔燈籠,與翩翩狂舞的舞者一起在大街上游行。前夜祭全部睡魔燈籠亮燈火,在睡魔燈籠Rassel Land匯聚一堂。在最後一天的海上遊行中,1萬千發的煙火將夏季的夜空點綴得絢麗多彩。

약 280만 명의 관객으로 북적거리는 일본을 대표하는 불 축제. 무게 약 4t의 대형 네부타 약 20대가 어지럽게 춤추는 하네토(총검)와 함께 거리를 행진합니다. 전야제에서는 네부타 라세란드에 불이 들어온 네부타가 모두 춤. 마지막 날 해상 운행에서는 1만1천 발의 불꽃이 여름 밤하늘을 화려하게 수놓습니다.

① Aomori City Center ② Aug 2-7 (Festival Eve on Aug 1)

③ 017-723-7211 (Aomori Tourism and Convention Association)

④ About 10 min on foot from Aomori Station on the JR Ōu Line *Paid seating for spectators is available

Tsugaru-han Nebuta Village

津軽藩ねぶた村

Hirosaki neputa are displayed and there is a performance of traditional musical accompaniment.

举办着弘前扇形睡魔灯笼展览及囃子实际演奏。

舉辦著弘前扇形睡魔燈籠展覽及囃子實際演奏。

히로사키 네푸타의 전시나 네푸타바야시 공연을 하고 있습니다.

① 0172-39-1511

② About 15 min by bus from Hirosaki Station on the JR Ōu Line

[Aomori Prefecture/Hirosaki] Hirosaki Nebuta Festival

<National Important Intangible Folk Cultural Property>
弘前ねぶたまつり



About 80 warrior-themed floats (called "neputa") of various sizes parade through the city of Hirosaki. On the final night of the festival, the neputa are purified with fire on the banks of the Iwaki River in a ceremony called "Nanukabi Okuri".

以武士画为题材的大小约80个扇形睡魔灯笼在弘前市内游行。在最后一天的夜晚举行“七日火送”活动,在沿岩木川的河堤上用火洁净,送走扇形睡魔灯笼。

以武士畫為題材的大小約80個扇形睡魔燈籠在弘前市內遊行。在最後一天的夜晚舉行「七日火送」活動,在沿岩木川的河堤上用火潔淨,送走扇形睡魔燈籠。

무사 그림을 소재로 한 크고 작은 약 80대의 네푸타가 히로사키 시내를 행진합니다. 마지막 날 밤에는 이와카기와 강변 둑에서 네푸타를 불로 정화해 보내는 ‘나누카비 오쿠리’가 진행됩니다.

① Hirosaki City (the route may vary depending on the day)

② Aug 1-7

③ 0172-37-5501 (Hirosaki Municipal Tourist Center)

④ About 10-30 min on foot from Hirosaki Station on the JR Ōu Line

*Paid seating for spectators is available

Tachineputa-no-Yakata (Tachineputa Museum) 立佞武多の館

At the museum, a 23-meter tachineputa floats are always on display. Take a good look at it from top to bottom.
以常設展的方式展览着高约23米的立佞武多。可从上到下慢慢地仔细参观。

以常設展的方式展览著高約23公尺的立佞武多。可從上到下慢慢地仔細參觀。

높이 약 23m의 다치네푸타를 상설 전시. 위에서 아래까지 차분하게 견학하실 수 있습니다.

① 0173-38-3232

② About 5 min on foot from Goshogawara Station on the JR Gonō Line

[Aomori Prefecture/Goshogawara] Goshogawara Tachineputa 五所川原立佞武多

Three giant Tachineputa floats, reaching heights of 23 meters and weighing up to 19 tons, are as tall as a 7-story building. Spectators are captivated by the overwhelming power of the floats as they are paraded through the city accompanied by high-spirited shouts of "yatte-mare!".

高达约23米、重达约19吨的3个大型立式佞武多高度可与7层大厦匹敌。伴随着“yatte-mare!”的雄壮号子,在市内游行,其压倒性的震撼力吸引着观众。

高達約23公尺、重達約19噸的3個大型立式佞武多高度可與7層大廈匹敵。伴隨著「yatte-mare!」的雄壯號子,在市內遊行,其壓倒性的震撼力吸引著觀眾。

① Center of Goshogawara City

② Aug 4-8

③ 0173-38-1515 (Goshogawara City Tourist Association)

④ About 5 min on foot from Goshogawara Station on the JR Gonō Line
*Paid seating for spectators is available

0173-35-2121

(Goshogawara Chamber of Commerce and Industry)

0173-33-6338 (Machinaka Goshogawara)



[Hokkaido/Hakodate] Hakodate Port Festival

函館港まつり

With a variety of events throughout the city, Hakodate bursts with excitement as fireworks paint the night sky and about 30,000 residents parade through the streets dancing.

从绚丽装点函馆大片夜空的烟火大会开始,约3万名市民偏偏起舞在大街上游行等各种活动丰富多彩,整个城市精彩纷呈。

하코다테의 밤하늘을 온통 물들이는 불꽃놀이로 시작해서 약 3만 명의 시민이 춤추며 거리를 행진하는 퍼레이드 등 시내 일대가 다양한 이벤트의 열기로 달아오릅니다.

① Hakodate (may vary depending on the day)

② Aug 1-5

③ 0138-27-3535 (Hakodate Port Festival Executive Committee/in the Hakodate International Tourism and Convention Association)

④ (Closest station) Hakodate Station on the JR Hakodate Line and others



With a continuous history of 370 years, the Ubagamidaijingu Shrine Togyo Festival is said to be the oldest grand festival in Hokkaido. Thirteen opulent floats parade through the town day and night, accompanied by music from the Gion Festival. In the final stage of the festival, the floats line up in the Shinchicho shopping street and play festival music all at once.

这是据说持续了370多年的北海道内最古老的祭典。华丽绚烂的13辆花车和着祇园囃子的演奏声,昼夜在城镇内游行。在正式祭典的最后阶段,花车聚集到新町繁华街,一起演奏祭典囃子。

這是據說持續了370多年的北海道內最古老的祭典。華麗絢爛的13輛花車和著祇園囃子的演奏聲,晝夜在城鎮內遊行。在正式祭典的最後階段,花車聚集到新町繁華街,一起演奏祭典囃子。

370여 년간 지속되어 온 祀카이도에서 가장 오래된 축제. 호화찬란한 13대의 수레가 기온바야시의 음률에 맞춰 밤낮으로 거리를 행진합니다. 본 축제의 종반에는 신지초 번화가에 수레들이 전부 모여서 축제 음악을 일제히 공연합니다.

① Ubagamidaijingu Shrine / Esashi

② Aug 9-11

③ 0139-52-4815

(Ubagamidaijingu Festival Support Executive Committee in the Esashi Sightseeing Convention Association)

④ About 1 hr 30 min by bus from Kikonai Station on the JR Hokkaido Shinkansen

*There is a plan to run special buses on Aug 10-11 from Shin-Hakodate-Hokuto Station on the JR Hokkaido Shinkansen and from Hakodate Station on the JR Hakodate Line (please go directly to the boarding area)

Inquiries: Hakodate Bus Hakodate Office ② 0138-51-3137

[Hokkaido/Esashi] Ubagamidaijingu Shrine Togyo Festival 姥神大神宮渡御祭

姥神大神宮渡御祭

Tanabu prospered as a hub for water transport and its festival is said to have been handed down for 380 years. The form of the floats and the music that accompanies them have been influenced by the Gion Festival through merchants that used to travel to the city from Omi (in present-day Shiga Prefecture), and it is known as the "Elegance of the North".

这是相传在曾经因水运而繁荣的田部传承了约380年、历史悠久的祭典。花车的形态及囃子伴奏乐由近江商人传入,并受到了祇园的影响,被称为“北之雅”。

這是相傳在曾經因水運而繁榮的田部傳承了約380年、歷史悠久的祭典。花車的形態及囃子伴奏樂由近江商人傳入,並受到了祇園的影響,被稱為「北之雅」。

수상 교통으로 번창한 타나부에 약 380년간 전해진다는 역사 깊은 축제. 수레의 형태나 음악에 오미 상인으로부터 교토 기온의 영향을 받아 「북쪽의 우아함」이라 칭해집니다.

① Mutsu, Tanabu District (around Tanabu Shrine)

② Aug 18-20

③ 0175-34-9095 (Shimokita Tourism Information Center), 0175-22-7470 (Tanabu Shrine)

④ About 10 min by car from Shimokita Station on the JR Ōminato Line

[Aomori Prefecture/Mutsu] Tanabu Festival 田名部まつり



[Aomori Prefecture/Hachinohe] Hachinohe Sansha Taisai & Hachinohe Sanja Matsuri

<National Important Intangible Folk Cultural Property>

八戸三社大祭

Registered on the UNESCO Intangible Cultural Heritage List in 2016

这是东北屈指可数的花车节。8月1日与3日可看到的三神社的神社游行与27座花车的联合游行,令游客叹为观止。

這是東北屈指可數的花車節。8月1日與3日可看到的三神社的神社遊行與27座花車的聯合遊行,令遊客歎為觀止。

这是东北屈指可数的花车节。8月1日与3日可看到的三神社的神社游行与27座花车的联合游行,令游客叹为观止。

這是東北屈指可數的花車節。8月1日與3日可看到的三神社的神社遊行與27座花車的聯合遊行,令遊客歎為觀止。

동북지방에서 손꼽히는 장식 수레 축제. 8월 1일과 3일에 볼 수 있는 3신사의 신사행렬과 27대 수레의 합동 운행은 관객을 압도합니다.

① Center and other areas of Hachinohe City ② Jul 31 - Aug 4 ③ 0178-70-1110 (VISIT Hachinohe)

④ About 10 min on foot from Hon-Hachinohe Station on the JR Hachinohe Line *Paid seating for spectators is available





The world is watching "JOMON"

Aiming to be registered as a UNESCO World Cultural Heritage

Jomon Prehistoric Sites in Northern Japan



Phases of the Jomon period

[Aomori Prefecture/Aomori] Special Historical Site: Sannai Maruyama Site

特別史跡 三内丸山遺跡

This is the archaeological site of a large-scale settlement from the Early to the Middle phase of the Jomon period. Experience the Jomon landscape in the Jomon village, which contains many buildings, including pit dwellings and large pillar-supported buildings. A total of about 1,700 archaeological artifacts, including about 500 important cultural properties, are displayed at the Jomon Jiyukan museum.

這是绳文时代前期到中期的大规模村落遗迹。在复原了的绳文村有众多竖穴建筑物、大型掘立柱建筑物等，可亲身感受绳文的风景。并设的绳文时游馆展览着包括约500件重要文化遗产在内的共计约1,700件出土文物。

這是繩文時代前期到中期的大規模村落遺跡。在復原了的繩文村有眾多豎穴建築物、大型掘立柱建築物等，可親身感受繩文的風景。並設的繩文時遊館展覽著包括約500件重要文化遺產在內的共計約1,700件出土文物。

조선 시대 전기부터 중기까지의 대규모 취락 유적. 복원된 조선 시대에 대한 전시에는 수령은 수령(竖穴) 건물, 대형 굴뚝 주변 건물 등이 있어서 조선의 풍경을 체감할 수 있습니다. 병설 조선 시대에는 중요문화재 약 500점과 함께 총 약 1,700점의 출토품을 전시하고 있습니다.

017-766-8282 (Sannai Maruyama Site Center)

About 15 min by bus from Shin-Aomori Station on the JR Tohoku Shinkansen

Important cultural property:
Large flat clay figure
重要文化財 大型板状土偶

*Due to repair work, at certain times it may not be possible to view the reconstructed large pillar-supported (6-pillar) buildings.
※復元大型掘立柱建築物(6根柱)由于改造施工, 根據時期可能無法參觀。
※復元大型掘立柱建築物(6根柱)由於改造施工, 根據時期可能無法參觀。
※復元大型掘立柱建築物(6根柱)은 개수 공사로 시기에 따라하는 경우 가능할 수 있습니다.

[Hokkaido/Hakodate] Hakodate Jomon Culture Center

函館市縄文文化交流センター

The center displays many artifacts from archaeological sites in Hakodate, including the national treasure "Hollow clay figure (Chuku-Dogu)". The center is combined with a roadside station where visitors can take a break.

展览着国宝“中空土偶”等函馆市内遗迹的众多出土文物。并设有道之驿，也可进行休息。

展览着國寶「中空土偶」等函館市內遺跡的眾多出土文物。並設有道之驛，也可進行休息。

국보「중공토우」 등 하코다테시의 유적 출토품을 다수 전시. 휴게소가 함께 있어서 휴식을 취할 수 있습니다.

0138-25-2030

About 1 hr by car or 1 hr 15 min by bus from Hakodate Station on the JR Hakodate Line; get off at Usujiri-shogakko-mae and walk for about 15 min

[Aomori Prefecture/Hachinohe] Hachinohe Buried Cultural Property Center

Korekawa Archaeological Institution (Korekawa Jomon Kan)

八戸市埋蔵文化財センター 是川縄文館

Appreciate the beauty of the lacquerware and highly crafted earthenware and clay figures of the Jomon period.

可欣赏美丽的漆制品、工艺性高的土器及土偶等的绳文之美。

可欣賞美麗的漆製品、工藝性高的土器及土偶等的繩文之美。

아름다운 칠제품과 공예성이 뛰어난 토기·토우 등 조몬의 아름다움을 감상할 수 있습니다.

0178-38-9511

About 20 min by bus from Hon-Hachinohe Station on the JR Hachinohe Line or about 20 min by bus from Hachinohe Station on the JR Tohoku Shinkansen (Saturdays/Sundays/holidays)



National treasure:
Hollow
clay figure
(Chuku-Dogu)
国宝 中空土偶



[Aomori Prefecture/Sannohe] Sannohe Castle Ruins / Shiroyama Park 三戸城跡・城山公園

Sannohe Castle was built as the main castle of the Nanbu Clan during the Sengoku (Warring States) period. The park is famous as one of the best cherry blossom sites in southern Aomori Prefecture.

三戸城是在战国时代作为南部氏的主城堡建造的。是县南屈指可数的樱花名胜。

三戸城是在戰國時代作為南部氏的主城堡建造的。是縣南屈指可數的櫻花名勝。

전국시대, 난부씨의 본성으로 축성된 산노에 성. 현 남부의 솜꼽히는 벚꽃의 명소입니다.

[Sannohe Museum of Local History and Culture]

0179-22-2739

About 10 min by car from Sannohe Station on the Aomori Railway

Meet the
guardian bear



There's a dragon
on the stone
torii gate!!



[Hokkaido/Matsumae] Matsumae Castle (Fukuyama Castle) / Matsumae Castle Museum 松前城(福山城)・松前城資料館

The castle was completed in 1854. Visitors can learn about the history of the castle, such as its fall to an attack by Toshizo Hijikata and the Shinsengumi.

1854年建成。在城樓的資料館可了解這裡曾被新撰組土方三攻撃而淪陷的歷史等。

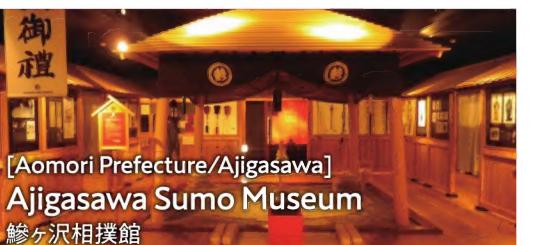
1854年建成。在城樓的資料館可瞭解這裡曾被新撰組土方歲三攻擊而淪陷的歷史等。

1854年に完成。城の資料館でこの城が新選組の土方歳三によって陥落した歴史などを学ぶことができます。

From April 10 - Dec 10

0139-42-2216 (Matsumae Castle Museum)

About 1 hr 40 min by bus from Kikonai Station on the JR Hokkaido Shinkansen or the South Hokkaido (Donan Isaribi) Railway; get off at Matsumae and walk for about 10 min



[Aomori Prefecture/Ajigasawa] Ajigasawa Sumo Museum 鰺ヶ沢相撲館

The museum has a sumo ring and displays materials about sumo wrestlers from the town. Local specialty items are sold on the first floor.

展览着相扑台与乡土力士的资料等。1楼销售特产品。

씨름판과 향토 스모 선수의 자료 등이 전시되어 있습니다. 1층에서는 특산물을 판매하고 있습니다.

0173-72-6661

About 15 min on foot from Ajigasawa Station on the JR Gonō Line



[Aomori Prefecture/Kuroishi] Nakamachi Komise Street: Important Preservation Districts for Groups of Historic Buildings 重要伝統的建造物群保存地区 中町こみせ通り

Komise Street has been selected as one of "Japan's 100 Best Streets". Its wooden arcades were built to protect people from sunlight, blizzards and accumulating snow. The traditional buildings include an old family residence and sake breweries that have retained much of their original feudal-era form.

这是入选了“日本街道百选”的街道。为了保护人们免受日晒、雪吹、积雪困扰,而建造了木造拱廊状的通道“小见世”。老宅、酿酒商店等传统建筑物至今几乎保留着藩政时代的风貌。

這是選入了「日本街道百選」的街道。為了保護人們免受日曬、雪吹、積雪困擾,而建造了木造拱廊狀的通道「小見世」。老宅、釀酒商店等傳統建築物至今幾乎保留著藩政時代的風貌。

「일본 전통 길 100선」에 뽑힌 거리. 사람을 햇빛과 눈보라, 적설로부터 지켜주는 목조 아케이드 통로 「고미세」가 만들어졌습니다. 전통 가옥이나 망조장 등 전통적인 건조물이 번성시대로부터 거의 그대로의 모습으로 지금까지 남아 있습니다.

0172-52-3488 (Kuroishi Tourist Association)

About 10 min on foot from Kuroishi Station on the Konan Line of the Konan Railway



[Aomori Prefecture/Hirakawa] Seibien 盛美園

The construction of the garden was started in 1902 and took nine years to complete. It is designated as a National Place of Scenic Beauty. The Seibikan, built to appreciate the views of the garden, is an unusual building whose first floor has a pure Japanese style while the second floor has a western style.

这是从1902年花了9年的岁月竣工的庭园，也是日本国家指定的名胜。为了欣赏庭园而建造的“盛美馆”，1楼为纯日本风格，2楼为西洋风格，是一座很珍稀的建筑物。

這是從1902年花了9年的歲月竣工的庭園，也是日本國家指定的名勝。為了欣賞庭園而建造的「盛美館」，1樓為純日本風格，2樓為西洋風格，是一座很珍稀的建築物。

1902년부터 9년의 세월을 들여 완성된 정원으로 국가 지정 명승지. 정원을 감상하기 위해 지어진 「세비칸」은 1층은 일본식으로 2층은 서양식으로 지어진 진귀한 건물입니다.

From Nov-Mar 0172-43-5610

(Shinkokura Motenashi Roman Center)

About 10 min on foot from Tsugaru-Onoe Station on the Konan Line of the Konan Railway



[Aomori Prefecture/Hachinohe]
Kushihiki Hachiman Shrine
櫛引八幡宮

Many people have worshiped at this shrine as the local deity of the Nanbu clan since the Kamakura period. The shrine possesses many important cultural properties including two suits of armor that are national treasures.

這是作为南部藩的总守护神社，从镰仓时代起就受到人们的崇敬。收藏有国宝铠甲等众多珍贵的文物。

這是作為南部藩的總守護神社・從鎌倉時代起就受到人們的崇敬。收藏有國寶鎧甲等眾多珍貴的文物。

난부번의 총 진수로서 가마쿠라 시대부터 많은 사람들에게 추앙되어 온 신사. 국보인 갑옷을 비롯해 귀중한 문화재를 다수 소장하고 있습니다.

0178-27-3053

About 10 min by car from Hachinohe Station on the JR Tohoku Shinkansen



[Aomori Prefecture/Mutsu]
Osorezan
恐山

With the stink of sulfur and a desolate landscape, Osorezan is one of Japan's three most sacred places. The fantastical world invites you in with wonderful sites having names that translate as Gokurakuhama Paradise Beach and Sainokawara which means Children's Limbo.

這是弥漫着硫磺味与荒凉景色的日本三大灵场之一。被命名为赛之河原、极乐滨等的奇观将您带入梦幻般的世界。

這是瀰漫著硫磺味與荒涼景色的日本三大靈場之一。被命名為賽之河原、極樂濱等的奇觀將您帶入夢幻般的世界。

유황 냄새와 황량한 풍경이 펼쳐진 일본 3대 영지 중 하나. 사이노카와라, 극락 해변 등으로 이름 붙여진 진기한 경관이 환상적인 세계로 유혹합니다.

0175-22-3825 (Osorezan Temple Office)

About 45 min by bus from Shimokita Station on the JR Ōminato Line



[Aomori Prefecture/Sotogahama]
Ryubazan Gikeiji Temple
龍馬山義経寺

Twelfth-century military commander Minamoto no Yoshitsune is said to have offered a prayer to the statue of Kannon. Later the seventeenth-century monk Enku carved a statue of Buddha in which the statue of Kannon had been placed and enshrined them in a hall. That is regarded as the beginning of this temple.

這是安置有相傳源義經曾經祈求過的觀音像的寺院。之後圓空雕刻佛像，將觀音像收納其中，供奉於佛堂，被認為這是其起源。

這是安置有相傳源義經曾經祈求過的觀音像的寺院。之後圓空雕刻佛像，將觀音像收納其中，供奉於佛堂，被認為這是其起源。

미나모토노 요시쓰네가 기도했다는 관음상이 안지되어 있는 절. 후에 엔쿠가 불상을 조각하여 안에 관음상을 넣어 절에 모신 것이 기원으로 알려져 있습니다.

0174-37-2045

About 10 min by bus from Mimmaya Station on the JR Tsugaru Line



[Hokkaido/Hokuto]
Our Lady of the Lighthouse
Trappist Monastery
燈台の聖母トラピスト修道院

In 1896, nine monks came to visit this area from France and built Japan's first Cistercian Trappist monastery. Butter, cookies and soft serve ice cream (Mar 15 - Nov 15) are popular items at the shop.

1896年，来自法国等的9名修士到访这里，创设了日本首个西多会特拉普派修道院。在其商店中销售的黄油、曲奇、软冰淇淋（3月15日～11月15日）也很受欢迎。

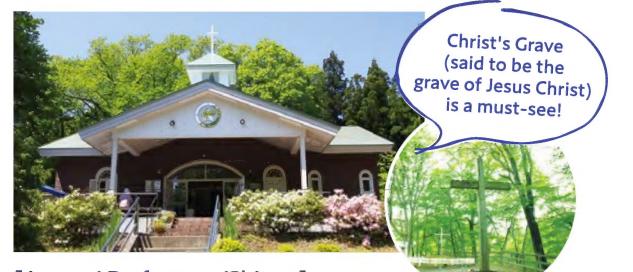
1896年・來自法國等的9名修道士到訪這裡・創設了日本首個西多會特拉普派修道院。在其商店中銷售的黃油、曲奇、霜淇淋（3月15日～11月15日）也很受歡迎。

1896년 프랑스 등지에서 9명의 수도사가 이 땅을 방문하여 일본 최초의 시토회 트라피스트 수도원을 창설. 매점에서는 버터나 쿠키, 소프트아이스크림 (3월 15일~11월 15일)도 인기가 있습니다.

* Tours of the monastery are currently suspended to prevent the spread of the novel coronavirus. Tours normally require an application in advance by reply-paid postcard (limited to Tuesdays/1 group, men only, from 2:00PM)

0138-75-2108 (Trappist Monastery Butter-making Factory)

About 20 min on foot from Oshima-tōbetsu Station on the South Hokkaido (Donan Isaribi) Railway



[Aomori Prefecture/Shingo]
Christ Village Den Syou Kan Museum
キリストの里伝承館

The legend of Christ appearing in this area suddenly sprung up in this village in 1935. The hall introduces the historical documents related to the legend as well as the characters and historical background.

“基督传说”在1935年突然出现在这个村子。传承馆介绍与该传说相关的古文书、人物及时代背景等。

「基督傳說」在1935年突然出現在這個村子。傳承館介紹與該傳說相關的古文書、人物及時代背景等。

1935년, 이 마을에 갑자기 생겨난 「그리스도 전설」. 이 전설과 관련된 고문서와 인물, 시대 배경 등을 소개하고 있습니다.

1935년, 이 마을에 갑자기 생겨난 「그리스도 전설」. 이 전설과 관련된 고문서와 인물, 시대 배경 등을 소개하고 있습니다.

0178-78-3741

About 1 hr by car from Hachinohe Station on the JR Tohoku Shinkansen



[Aomori Prefecture/Oma]
Oma tuna
大間まぐろ

This natural “hon-maguro” bluefin tuna is also called the “black diamond”. It is caught by either pole and line or longline fishing without damaging the fish, and the blood is drained in order to keep it fresh. Try to get a taste of the all three cuts - otoro, chutoro and akami - on a rice bowl or as sushi.

属于有黑钻之称的天然蓝鳍金枪鱼。捕捞方法是单钩单线钓与延绳钓，不损伤金枪鱼，在其变弱前放血，因此很新鲜。请在原产地品尝大腩、中腩、赤身的三色金枪鱼盖饭及寿司等。

검은 다이아몬드라 불리는 천연 참다랑어. 어법은 외줄낚시와 연승잡이로 침자에 상처를 내지 않으며 참치가 약해지기 전에 피를 빼는 이케지메를 해서 신선합니다. 대뱃살·뱃살·등살의 3색 참치회 덮밥과 스시 등을 본고장에서 맛보시기 바랍니다.

0175-37-2233 (Oma Town Tourist Association)

Varies by restaurant (Closest station) Shimokita Station on the JR Ōminato Line



[Aomori Prefecture/Hachinohe]
Hashikami and other locations
Ichigoni いちご煮

A regional dish of southern Aomori, ichigoni is a salty broth using plenty of fresh sea urchin and abalone.

這是县南地区的乡土料理，是一种大量使用新鲜的海胆与鲍鱼制作的清淡鱼汤。

這是縣南地區的鄉土料理，是一種大量使用新鮮的海膽與鮑魚製作的清淡魚湯。

현 남부 지방의 향토 요리로 신선한 성게와 전복을 아낌없이 사용한 우시오지루 (국)입니다.

0178-70-1110 (VISIT Hachinohe),

0178-88-2045 (Hashikami Town Commerce and Industry Association)

Varies by restaurant (Closest stations) Hon-Hachinohe, Hashikami on the JR Hachinohe Line and others



[Aomori Prefecture/Hiranai]
A meal of fresh Hiranai scallops
平内ホタテ活御膳

Hiranai is Japan's largest catch of cultivated scallops and is famous for them. The delicious scallops are served in a variety of ways including raw as sashimi, scallop steak and baby scallop sushi.

这是养殖扇贝收获量日本第一的城镇平内町的名吃。以刺身、烤排、小扇贝寿司等各种料理方式提供美味浓郁的活扇贝。

這是養殖扇貝收穫量日本第一的城鎮平內町的名吃。以刺身、烤排、小扇貝壽司等各種料理方式提供美味濃郁的活扇貝。

양식 가리비 어획량이 일본 제일인 히라나이마치의 명물. 깊은 감칠맛의 활 가리비를 회와 스테이크, 베이비 가리비 회 등 다양한 요리로 제공하고 있습니다.

017-755-2118 (Hiranai Scallop Cuisine Promotion Council)

Varies by restaurant (Closest station) Kominato Station on the Aoimori Railway and others



[Aomori Prefecture/Nakadomari]
Nakadomari Sashimi and Boiled Goldeye Rockfish Course
中泊メバルの刺身と煮付け膳

The Tsugaru Strait Goldeye Rockfish from Nakadomari is a high-grade fish. The fish is served both as sashimi with the head and tail as well as simmered, and the meal includes ika somen (squid cut into fine strips resembling somen noodles) and a salty broth.

這是中泊产的高级鱼津轻海峡鮸鱼（汤氏平鮋）的新当地美食。带头尾的刺身、煮鱼、清汤附带鱿鱼线面。

這是中泊產的高級魚津輕海峽鮸魚（湯氏平鮋）的新當地美食。帶頭尾的刺身、燉魚、清湯附帶魷魚線麵。

나카도마리산 고급 생선인 쓰가루 해협 불락 (불불락)의 새로운 지역 먹거리. 꼬리와 대가리가 붙어서 나오는 회·조림·우시오지루 (국)에 오징어 소면이 포함됩니다.

0173-57-2111

(Nakadomari Town, Marine Products Commerce and Tourism Division)

Varies by restaurant (Closest station) Okutsugaru-Imabetsu Station on the JR Hokkaido Shinkansen or Tsugaru-Nakasato Station on the Tsugaru Railway

[Aomori Prefecture/Aomori]
Nokkedon
のっけ丼



Little by little, you choose toppings from the ingredients for sale at the market to create your own original rice bowl. Choose as much as you like of whatever you want.

这是一种自己特制的“任性”盖饭，可自己选择一些市场上陈列的食材，盖在米饭上享用。食材与数量都可按照自己的喜好进行选择。

這是一種自己特製的「任性」蓋飯，可自己選擇一些市場上陳列的食材，蓋在米飯上享用。食材與數量都可按照自己的喜好進行選擇。

시장에 진열된 식자재를 조금씩 골라서 밥 위에 얹어 먹는 나만의 내 마음대로 덮밥. 재료도 양도 원하는 만큼 선택할 수 있습니다.

017-763-0085 (Nokkedon Information Desk/in the Aomori Gyosai Center)

About 5 min on foot from Aomori Station on the JR Ōu Line



[Hokkaido/Oshamambe]
Kanimeshi
かにめし

In 1966, kanimeshi (Crab rice) was chosen as the best in Japan in Nikkan Sports National Train Lunchbox Competition. It is sold at seven restaurants in the town.

1966年「日刊体育全国車站便當大賽」中奪得日本第一，在日本全國都很有名。在町內的7家店舖有售。

* Kanimeshi is将螃蟹和米饭混合在一起的菜肴。

1966년 「日刊體育全國車站便當大賽」中奪得日本第一，在日本全國都很有名。在町內的7家店舖有售。

1966년 「일간스포츠 전국 기차역 도시락 대회」에서 일본 최고가 되어 전국적으로 유명해짐. 지역 내 7개 점포에서 판매하고 있습니다.

* Kanimeshi is the meal that is mixed crab and rice together.

1966년 「일간스포츠 전국 기차역 도시락 대회」에서 일본 최고가 되어 전국적으로 유명해짐. 지역 내 7개 점포에서 판매하고 있습니다.

* Kanimeshi is the meal that is mixed crab and rice together.

01377-2-2455 (Oshamambe Town, Industrial Development Division)

Varies by restaurant (Closest stations) Oshamambe Station on the JR Hakodate Line



[Aomori Prefecture/Rokunohe]

Aomori syamorock The Premium #6 (Number Six)

青森シャモロック ザ・プレミアム#6(ナンバーシックス)

Aomori syamorock chickens have been specially bred to increase the umami and feel of the meat. It is only produced by farms designated for production by the Town of Rokunohe. Popular course menus include teppanyaki, hot pot, and dishes in which the meat and vegetables are cooked along with the rice.

青森Shamo Rock鸡经特别饲养,提高了其美味与口感。仅在六户町指定生产农场饲养。做成铁板烧、火锅、焖米饭等套餐料理很受欢迎。

青森Shamo Rock雞經特別飼養,提高了其美味與口感。僅在六戶町指定生產農場飼養。做成鐵板燒、火鍋、燉米飯等套餐料理很受歡迎。

감칠맛과 식감을 높인 특별 사육 아모리 샤모록. 로쿠노헤마치 지정 생산 농장에서만 생산됩니다. 철판구이나 전골, 모듬 솔밥 등의 코스 요리가 인기 있습니다.

0176-55-3111 (Rokunohe Town, Industrial Division)

Varies by restaurant (Closest station) Hachinohe Station on the JR Tohoku Shinkansen and Mukaiyama Station on the Aomori Railway and others

[Aomori Prefecture/Gonohe]

Horse meat cuisine/Sakura stew/Yoshitsune nabe

馬内料理・桜鍋・義経鍋

Gonohe is known as the horse-breeding area of the Nanbu Domain. In addition to basashi (horse sashimi) and sakura stew (hot pot), another famous dish is "Yoshitsune nabe", in which diners can enjoy both hot pot and yakiniku style together, cooking vegetables in water in a helmet-shaped pot that includes grills around the edges to cook the meat.

五户作为南部藩的马产地而闻名。除了马肉刺身、樱锅外,用头盔形状的锅一起享受氽锅与烤肉的美味的“义经锅”也是名吃。

五戶作為南部藩的馬產地而聞名。除了馬肉刺身、櫻鍋外,用頭盔形狀的鍋一起享受氽鍋與烤肉的美味的「義經鍋」也是名吃。

단부번의 말 산지로 알려진 고노하. 말고기 회나 사쿠라나베 (말고기 스끼야끼) 외에도 투구 모양을 한 냄비에 백숙과 불고기를 함께 즐길 수 있는 요시쓰네나베가 명물입니다.

0178-62-7155 (Gonohe Town Tourist Association)

Varies by restaurant (Closest station) Hachinohe Station on the JR Tohoku Shinkansen



[Aomori Prefecture/Imabetsu]

Michi-no-Eki Imabetsu "Hanto Plaza Asukuru"

道の駅 いまべつ「半島プラザアスクル」



The plaza has shops and restaurants, and the town specialty "mozuku udon" (udon noodles kneaded with mozuku seaweed) and a steak of Imabetsu beef, from the famous Japanese black-hair cattle, are both recommended.

有餐馆、商店,添加町特产海藻做成的“海藻乌冬面”,有梦幻黑毛和牛之称的“今别牛”烤牛排值得推荐。

有餐館、商店,添加町特產海藻做成的「海藻烏冬麵」、有夢幻黑毛和牛之稱的「今別牛」烤牛排值得推薦。

레스토랑과 매점이 있으며 지역 특산품인 모즈쿠 (금실말)를 반죽해 넣은 「모즈쿠 우동」, 흰상의 구로개와규라 불리는 「이마베쓰 소」의 스테이크를 추천해 드립니다.

0174-31-5200

A short walk from Okutsuru-Imabetsu Station on the JR Hokkaido Shinkansen or Tsugaru-Futamata Station on the JR Tsugaru Line



*Photo is of the 2020 version.

[Aomori Prefecture/Takko]

Takko Garlic Steak Gohan

田子ガーリックステーキごはん

The meal begins with nine appetizers using garlic, and the main course is sushi rolls made by wrapping sushi rice in grilled pork, beef and chicken. Even the ice cream for dessert is made with garlic.

开胃菜是9种的创作大蒜料理,主菜是将铁板烤制的猪肉、牛肉、鸡肉包裹在寿司饭中制作的寿司。连甜点冰淇淋都是大蒜制作的。

開胃菜是9種的創作大蒜料理,主菜是將鐵板烤製的豬肉、牛肉、雞肉包裹在壽司飯中製作的壽司。連甜點冰淇淋都是大蒜製作的。

전채는 9종류의 창작 마늘 요리, 메인은 철판에서 구운 돼지고기·소고기·닭고기로 초밥을 싸서 먹는 스시입니다. 후식인 아이스크림까지 마늘을 활용.

*Advance reservations are recommended

0179-20-7114 (Takko Garlic Cuisine Promotion Council)

Varies by restaurant (Closest station) Ninohe Station on the JR Tohoku Shinkansen and Sannohe Station on the Aomori Railway and others



[Hokkaido/Yakumo]

Futami Curry

二海カレー

White curry uses Yakumo milk as a base. It's filled with plenty of locally-produced ingredients including scallops and seasonal vegetables.

这是以八云产牛奶为基料制作的白色咖喱。大量放入扇贝及时令蔬菜等当地食材。

這是八雲產牛奶為基料製作的白色咖喱。大量放入扇貝及時令蔬菜等當地產食材。

야쿠모 우유를 베이스로 한 화이트 카레. 가리비나 제철 채소 등 지역산 식재재가 듬뿍 들어있습니다.

0137-62-2116 (Yakumo Tourism and Industry Association)

Varies by restaurant (Closest station) Yakumo Station or Yamakoshi Station on the JR Hakodate Line



[Aomori Prefecture/Mutsu]

OMINATO KAIJI Curry

大湊海自カレー

These dishes recreate the tastes of curries eaten by the units belonging to the Maritime Self-Defense Force Ominato base, and have been certified by their captains and commanders. Enjoy the different taste of each unit's version.

这是重现在海上自卫队大湊基地隶属部队可吃到的味道、获得舰长和司令认定的咖喱。可品尝到每个部队不同的味道。

這是重現在海上自衛隊大湊基地隸屬部隊可吃到的味道、獲得艦長和司令認定的咖喱。可品嚐到每個部隊不同的味道。

해상자위대 오미나토 기지 소속 부대에서 먹을 수 있는 맛을 재현, 함장·사령관에게 인정을 받은 카레. 부대별로 다른 맛을 즐길 수 있습니다.

0175-22-1111 (Administrative Offices for the Popularization of OMINATO KAIJI Curry in the Mutsu City Promotion Division)

Varies by restaurant (Closest station) Shimokita Station on the JR Ōminato Line and others

Try the tomato omelette rice!



[Aomori Prefecture/Yomogita]

Yomogita Product building

Marche Yomogita

よもぎた物産館 マルシェよもぎた

The facility has tomatoes, which are the village specialty, among other agricultural produce as well as processed goods. In the summertime you can enjoy a view of Mutsu Bay with your lunch.

这是村的特产番茄等农产品与加工品琳琅满目的物产馆。夏季可一边欣赏陆奥湾的景色一边享用午餐。

這是村的特產番茄等農產品與加工品琳琅滿目的物產館。夏季可一邊欣賞陸奧灣的景色一邊享用午餐。

지역 특산품인 토마토를 비롯하여 농산물·가공품이 즐비한 물산관. 여름에는 무쓰만을 바라보며 점심을 즐길 수 있습니다.

0174-31-3040

About 15 min on foot from Gosawa Station on the JR Tsugaru Line



[Aomori Prefecture/Rokkasho]

"Rokushu" Chinese yam shochu

(Tours and tastings at Shochu "Rokushu" Distillery)

長いも焼酎「六趣」(六趣釀造工房見学・試飲)

Visitors can take a tour to view the process, including distillation and bottling, through windows and taste the product of "Rokushu" Chinese yam shochu.

除了可透过玻璃参观山药烧酒“六趣”的蒸馏、装瓶等工序外,还可进行试饮。

除了可透過玻璃參觀山藥燒酒「六趣」的蒸餾、裝瓶等工序外,還可進行試飲。

참마 소주 「로쿠슈」의 종류와 병에 담는 공정을 유리 너머로 견학할 수 있으며 시음도 가능합니다.

*Reservations required at least seven days in advance for visitors requiring an explanation (No reservation required for small numbers of people)

0175-71-3335 (Shochu "Rokushu" Distillery)

About 40 min by car from Noheji Station on the JR Ōminato Line or the Aomori Railway

[Aomori Prefecture/Oirase]

Momokawa Brewery

桃川酒蔵

Nanbu Toji (master brewers) put their heart and soul into brewing sake while handing down the traditional techniques from the brewery's establishment in the Edo period.

创建于江户时代,南部杜氏(酿酒师)在传承传统技术的同时,精心酿造着美酒。

創建於江戶時代,南部杜氏(釀酒師)在傳承傳統技術的同時,精心釀造著美酒。

에도시대에 창업. 전통 기술을 계승하여 난부 도지(양조 기술자)가 정성 들여 술을 만들고 있습니다.

*Brewery tours and sake tasting available

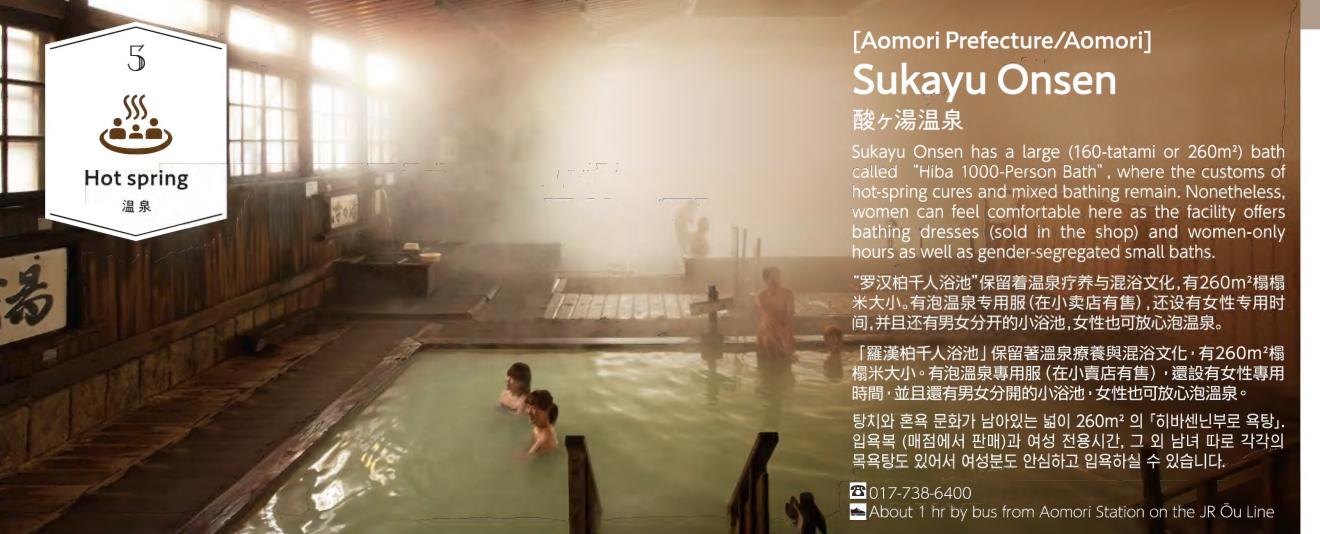
*Reservations required at least 3 days in advance

All year round (except mid-Dec - early Jan)

0178-52-2241

About 10 min by car from Shimoda Station on the Aomori Railway





[Aomori Prefecture/Aomori]
Sukayu Onsen

酸ヶ湯温泉

Sukayu Onsen has a large (160-tatami or 260m²) bath called "Hiba 1000-Person Bath", where the customs of hot-spring cures and mixed bathing remain. Nonetheless, women can feel comfortable here as the facility offers bathing dresses (sold in the shop) and women-only hours as well as gender-segregated small baths.

“罗汉柏千人浴池”保留着温泉疗养与混浴文化,有260m²榻榻米大小。有泡温泉专用服(在小卖店有售),还设有女性专用时间,并且还有男女分开的小浴池,女性也可放心泡温泉。

「羅漢柏千人浴池」保留著溫泉療養與混浴文化,有260m²榻榻米大小。有泡溫泉專用服(在小賣店有售),還設有女性專用時間,並且還有男女分開的小浴池,女性也可放心泡溫泉。

탕치와 혼욕 문화가 남아있는 넓이 260m²의 「하비센니부로 옥탕」, 입욕복(매점에서 판매)과 여성 전용시간, 그 외 남녀 따로 각각의 목욕탕도 있어서 여성분도 안심하고 입욕하실 수 있습니다.

017-738-6400

About 1 hr by bus from Aomori Station on the JR Ōu Line



[Aomori Prefecture/Kuroishi]
Kuroishi Onsen Village

黒石温泉郷

The onsen village has long thrived as a therapeutic spa. The four springs of Ochiai, Nuruyu, Itadome and Aoni each have their own qualities.

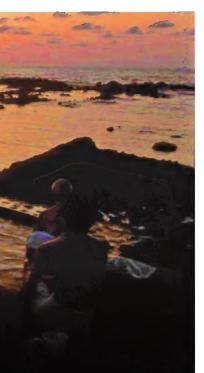
有「落合」、「温湯」、「板留」、「青荷」等自古就作为温泉疗养地而繁荣的温泉乡,各自的泉质不同。

有「落合」、「溫湯」、「板留」、「青荷」等自古就作為溫泉療養地而繁榮的溫泉鄉,各自的泉質不同。

「おちあい」「くろゆ」「いたどめ」「あおに」等 エ로부터 탕치 온천으로 번성해 온천 마을이 있으며 각각 온천물의 종류가 다릅니다.

[Aoni Onsen (Lamp no Yado Aoni Onsen)]

0172-54-8588 About 30 min by car from Tohoku Expressway Kuroishi IC



[Aomori Prefecture/Fukaura]
Koganezaki Furofushi Onsen

黄金崎不老ふ死温泉

The rustic beauty of the open-air bath on the seashore gets a perfect score. There is also a large communal bath, a sauna, and a bath with a panoramic view of the Sea of Japan, and the seafood dishes are superb.

海边的露天浴池充满野趣。还有大浴场、桑拿、日本海全景展望浴池等,海鲜料理也是绝品。

海邊的露天浴池充滿野趣。還有大浴場、三溫暖、日本海全景展望浴池等,海鮮料理也是絕品。

파도가 밀려오는 곳의 노천탕은 자연의 정취로 가득. 대욕탕, 사우나, 동해를 바라보는 파노라마 전망탕 등도 있으며 해산물 요리도 일품입니다.

0173-74-3500

About 5 min by car from WeSpa Tsubakiyama station on the JR Gonō Line
(Free pick-up/drop-off shuttle bus available)



[Aomori Prefecture/Hirakawa]
Tsugaru Minamida Onsen

津軽南田温泉

The free-flowing hot water of the spring is popular for beautifying the skin. Enjoy the fragrance of apples as you soak in the "apple bath".

源泉引流的温泉作为美肤温泉而深受欢迎。享受与飘逸着芳香的苹果一起泡温泉的“苹果浴池”等。

源泉引流的温泉作為美膚溫泉而深受歡迎。享受與飄逸著芳香的蘋果一起泡溫泉的「蘋果浴池」等。

원천 방류식의 온천물은 피부에 좋은 온천물로 인기가 많습니다. 사과와 함께 입욕할 수 있는 「사과탕」 등을 즐길 수 있습니다.

[Minamida Onsen Hotel Apple Land]

0172-44-3711

About 15 min on foot from Hiraka Station on the Konan Line of the Konan Railway



[Aomori Prefecture/Kazamaura]
Shimofuro Onsen Public Bath

Kaikyo no Yu

下風呂温泉共同浴場 海峽の湯



[Aomori Prefecture/Noheji]
Makado Onsen

馬門温泉

Tradition still says that Minamoto no Yoshitsune bathed here with the warrior monk Benkei and other followers. The scent of Japanese cypress hangs pleasantly in the air.

这是传说义经与家臣弁庆等一起泡过的著名温泉。飘荡着青森罗汉柏的芳香。

這是傳說義經與家臣弁慶等一起泡過的著名溫泉。飄蕩著青森羅漢柏的芳香。

요시쓰네가 벤케이들과 같이 목욕했다는 전설이 남아있는 명탕. 아오모리 노송나무의 향이 기분 좋게 감듭니다.

[Makado Onsen Hotel]

*Please inquire before a drop-in visit

0175-64-3131

About 20 min by bus from Noheji Station on the Aoimori Railway



[Aomori Prefecture/Owani]
Owani Onsen Village

大鰐温泉郷

This onsen village has a history of over 800 years since the hot springs were opened. Located at the southern tip of the Tsugaru region, Owani is known as "Tsugaru's parlor".

這是擁有800年以上悠久歷史的溫泉鄉。由於位於津輕地區的南端,因此也被稱為“津輕的後花園”。

這是擁有800年以上悠久歷史的溫泉鄉。由於位於津輕地區的南端,因此也被稱為「津輕的後花園」。

온천을 연 지 800년 이상의 역사를 지닌 온천 마을. 쓰가루 지방 남단에 있어서 「쓰가루의 안방」이라고 불립니다.

[Owani Regional Community Center Wanicom]

0172-49-1126

About 2 min on foot from Owani-Onsen Station on the JR Ōu Line



[Hokkaido/Shiriuchi]
Shiriuchi Onsen

知内温泉

It is said to have opened in 1247, making it Hokkaido's oldest hot spring with an 800-year history. At a single building in the middle of a forest, visitors are soothed by the different qualities of the waters and their various effects.

温泉开设于1247年,据说是北海道最古老的温泉,拥有约800年的历史。这家矗立在森林中的独栋旅馆,以不同的泉质与各种各样的功效,抚慰到访的人们。

溫泉開設於1247年,據說是北海道最古老的溫泉,擁有約800年的歷史。這家矗立在森林中的獨棟旅館,以不同的泉質與各種各樣的功效,撫慰到訪的人們。

온천의 시작은 1247년으로, 오래된 온천으로 알려져 있습니다. 숲속에 자리 잡은 독채로 다른 수질과 다양한 효능으로 방문객을 치유합니다.

01392-6-2341

About 45 min by bus from Kikonai Station on the JR Hokkaido Shinkansen or the South Hokkaido (Donan Isaribi) Railway

[Aomori Prefecture/Kazamaura]
Shimofuro Onsen Public Bath

Kaikyo no Yu

下風呂温泉共同浴場 海峽の湯



This facility for day-trip hot spring visits opened in Dec 2020. The onsen is proud of its open-air bath with views of the Tsugaru Straits and the fresh seafood you can taste in its restaurant.

這是于2020年12月开张的当天往返温泉设施。可眺望津轻海峡的露天浴池与可品尝当地产鱼贝类的餐厅很有特色。

2020년 12월 오픈한 당일치기 온천 시설. 자랑은 쓰가루 해협을 바라보는 노천탕과 지역산 해산물을 맛볼 수 있는 식당입니다.

0175-35-2111 (Kazamaura Village Planning Policy Division)

About 1 hr 20 min by bus from Shimokita Station on the JR Ōminato Line or about 25 min by car from the Tsugaru Kaikyo Ferry Oma Terminal



[Aomori Prefecture/Tohoku]
Tohoku Onsen

東北温泉

This botanical moor hot spring with water containing plant nutrients is said to be the darkest black in Japan. The springs are believed to have a beautifying quality and are popular with women for the dissolved elements that gently moisturize the skin.

被称为日本第一黑色植物性泥炭温泉。据说为“美女泉质”,保湿成分会充分滋润肌肤,深受女性的喜爱。

被称为日本第一黑色植物性泥炭温泉。據說為「美女泉質」,保濕成分會充分滋潤肌膚,深受女性的喜爱。

일본에서 가장 검은 식물성 물 온천으로 알려져 있습니다. 보습 성분으로 피부가 촉촉이 윤뻑해지는 「미인 온천수」라 해서 여성에게 인기가 있습니다.

0175-63-3715

About 5 min on foot from Ottomo Station on the Aoimori Railway



Hot Springs Ryokan Shika no Yu

鹿部温泉

There are over 30 hot springs in Shikabe. You can enjoy your fill of onsens with day-trip bathing at hotels and ryokans, foot baths, baskets of onsen-steamed food, and heated pools.

鹿部町有30多个源泉。可通过酒店及旅馆的当天往返泡温泉、足浴、温泉蒸釜料理、温水游泳池,尽享温泉。

鹿部町有30多個源泉。可透過飯店及旅館的當天往返泡溫泉、足浴、溫泉蒸釜料理、溫水游泳池,盡享溫泉。

원천이 30곳 이상 있는 시카베초. 호텔이나 료칸의 당일치기 입욕, 족욕, 온천 짬 요리, 온수 수영장에서 온천을 만끽할 수 있습니다.

01372-7-3500 (Shikabe Hot Springs Tourist Association)

Varies by facility (Closest station) Shikabe Station on the JR Hakodate Line



[Hokkaido/Shikabe]
Shikabe Onsen

鹿部温泉

There are over 30 hot springs in Shikabe. You can enjoy your fill of onsens with day-trip bathing at hotels and ryokans, foot baths, baskets of onsen-steamed food, and heated pools.

鹿部町有30多个源泉。可通过酒店及旅馆的当天往返泡温泉、足浴、温泉蒸釜料理、温水游泳池,尽享温泉。

鹿部町有30多個源泉。可透過飯店及旅館的當天往返泡溫泉、足浴、溫泉蒸釜料理、溫水游泳池,盡享溫泉。

원천이 30곳 이상 있는 시카베초. 호텔이나 료칸의 당일치기 입욕, 족욕, 온천 짬 요리, 온수 수영장에서 온천을 만끽할 수 있습니다.

01372-7-3500 (Shikabe Hot Springs Tourist Association)

Varies by facility (Closest station) Shikabe Station on the JR Hakodate Line



[Aomori Prefecture/Towada]

Canoe Tour カヌーツアー

Experience the magnificent scenery and lush natural beauty of Lake Towada from a canoe.

可一边眺望大自然富饶的十和田湖雄伟景色，一边进行皮划艇体验。

可一邊眺望大自然富饒的十和田湖雄偉景色，一邊進行皮划艇體驗。

자연이 풍요로운 도와디코 호수의 웅대한 경치를 감상하며 카누 체험을 할 수 있습니다。

*Reservations required by noon on the previous day

From late Apr - early Nov ¥ Adult: 7,600 yen and up | Child (junior high students and younger): 3,800 yen and up

080-1681-1036 (Towadako Guidehouse Kai)

(To Yasumiya) (1) About 3 hr by bus from Shin-Aomori Station on the JR Tohoku Shinkansen

(2) About 2 hr 15 min by bus from Hachinohe Station on the JR Tohoku Shinkansen



Take a tour around unexplored parts of the Southern Hokkaido region that can only be reached by boat. Board a glass-bottomed boat to see all the way to the bottom of the sea and enjoy the wondrous scenery as you visit the blue cavern and see many massive and unusual rock formations. Service of taking commemorative photos by drone is also very popular.

來一场仅可乘船进入的道南秘境巡遊之旅。乘坐可看到海底的玻璃船參觀「藍色洞窟」、眾多奇岩，欣賞夢幻般的景色。使用無人機拍攝紀念照服務也很受歡迎。

來一場僅可乘船進入的道南秘境巡遊之旅。搭乘可看到海底的玻璃船參觀「藍色洞窟」、眾多奇岩，欣賞夢幻般的景色。使用無人機拍攝紀念照服務也很受歡迎。

배로만 갈 수 있는 도남의 비경을 둘러보는 투어.바다 밑이 보이는 글래스 보트로 푸른 동굴과 각종 기암을 견학하며 환상적인 풍경을 즐깁니다. 드론으로 하는 기념촬영 서비스도 대인기.

*Reservations required

From late Apr - mid-Oct

0139-46-7822

About 50 min by bus from Kikonai Station on the JR Hokkaido Shinkansen or the South Hokkaido (Donan Isaribi) Railway; get off at Fukushima and drive for about 15 min

[Hokkaido/Fukushima]

Iwabe Cruise

岩部クルーズ

[Aomori Prefecture/Nishimeya]

Nishimeya Dam Lake Amphibious Bus Tour

水陸両用バス「ニシメヤ・ダムレイクツアーア」

Traveling by amphibious bus is an unusual tour in Japan. You can fully enjoy the dammed Tsugaru Shirakami Lake and the natural beauty of Shirakami-Sanchi.

這是乘坐水陸兩用巴士前往的旅遊，在日本也很少有。可尽情享受水库湖“津輕白神湖”與白神山地的大自然。

수륙양용 버스로 가는 국내에서도 보기 드문 투어. 땀 호수인 「쓰가루 시라카미 호수」와 시라카미 산지의 자연을 만끽할 수 있습니다.

*Reservations required at least one day in advance (closed on Wednesdays) *On the day of the ride, tickets are sold on a first-come-first-served basis

0172-85-3315 (Tsugaru Shirakami Tour)

About 30 min by car or about 55 min by bus from Hirosaki Station on the JR Ou Line

[Aomori Prefecture/Itayanagi]
Itayanagi Furusato Center

板柳町ふるさとセンター

This is a place to learn about and enjoy apples. In addition to tasting gourmet treats made with apples, there is a full menu of experiences including "rinju" (bark weaving) and boiling the leaves and twigs to make dyes, plus a hot spring and a foot bath.

这是一个学习苹果知识、享受乐趣的设施。除了可享受用苹果制作的美食外，还有用树皮编织的“林寿”制作、煮树叶与树枝进行染色的“苹果草木染”等体验项目、温泉、足浴。

這是一個學習蘋果知識、享受樂趣的設施。除了可享受用蘋果製作的美食外，還有用樹皮編織的「林壽」製作、煮樹葉與樹枝進行染色的「蘋果草木染」等體驗項目、溫泉、足浴。

사과에 대해 배우고 즐길 수 있는 시설. 사과를 써서 만든 먹거리를 맛볼 수 있으며 나무껍질로 짜 「린주」, 잎과 가지를 삶아 물들인 「사과조목염」 등 체험메뉴와 온천, 족탕도 있습니다.

0172-72-1500 About 15 min on foot from Itayanagi Station on the JR Gonō Line

[Hokkaido/Imakane]
Kur Plaza Pirika

クアプラザピリカ

In the summertime, this hot spring accommodation facility is a place where visitors can enjoy camping and strawberry-picking in nature.

這是夏季在大自然中享受露營、草莓採摘乐趣的温泉住宿设施。

這是夏季在大自然中享受露營、草莓採摘樂趣的溫泉住宿設施。

여름에는 대자연 속에서 캠핑이나 딸기 따기를 즐길 수 있는 온천 숙박시설입니다.

*Strawberry-picking is available in the mornings on Sundays and national holidays in Jul-Aug (scheduled), limited to four groups, reservations required at least one day in advance (Inquire for more information)

0137-83-7111(TTN Corporation Kur Plaza Pirika)

About 30 min by bus from Oshamabie Station on the JR Hakodate Line; get off at Kur Plaza Pirika and it will be nearby *When you board the bus, please tell the driver you are getting off at Kur Plaza Pirika

[Aomori Prefecture/Hirosaki]
Hirosaki City Apple Park

弘前市りんご公園



Pick apples in this park while enjoying the view of Mount Iwaki. There are also goods specializing in apples, a restaurant, and a cidre factory.

这是一个可眺望岩木山、进行苹果采摘体验的公园。还有专门用苹果制作的商品、使用苹果制作菜品的餐馆、苹果酒工房。

這是一個可眺望岩木山、進行蘋果採摘體驗的公園。還有專門用蘋果製作的商品、使用蘋果製作菜品的餐館、蘋果酒工房。

이와키산을 보며 사과 수확체험을 할 수 있는 공원. 사과를 중심으로 한 곳즈·레스토랑, 사과주 공방도 있습니다.

0172-36-7439

About 20 min by bus from Hirosaki Station on the JR Ou Line

*The Tamenobu-go bus takes about 40 min (suspended from Dec-Mar)

*The apple-picking experience (paid) is available from early Aug - late Nov

[Hokkaido/Hokuto]
Tani Sightseeing Farm

谷觀光農場

Try your hand at harvesting seasonal products - strawberries in spring, cherries in summer and potatoes in autumn. You can also buy fresh vegetables here.

春季的草莓、夏季的櫻桃、秋季的馬鈴薯等，可進行季節作物的收穫體驗，也並設有蔬菜直銷點。

봄의 딸기, 여름의 사과란보, 가을의 감자 등 계절 작물의 수확체험을 할 수 있으며 채소 직판장도 함께 운영하고 있습니다.

*Reservations required for the harvesting experience

0138-77-6843

About 10 min by car from Shin-Hakodate-Hokuto Station on the JR Hokkaido Shinkansen

[Aomori Prefecture/Nanbu]
Village in good health agritourism with four seasonal festivals

達者村農業觀光四季のまつり

You can thoroughly enjoy picking your own cherries, blueberries, peaches, pears, grapes, apples and strawberries in the gardens.

可直接在果园里采摘樱桃、蓝莓、桃子、梨子、葡萄、苹果、草莓等，尽情地享受。

可直接在果園裡採摘櫻桃、藍莓、桃子、梨子、葡萄、蘋果、草莓等，盡情地享受。

사과란보(재리)와 블루베리·복숭아·배·포도·사과·딸기 등을 직접 원지에서 따서 먹을 수 있습니다.

*Reservations required at least three days in advance (not required for cherry-picking)

017-735-5311

About 8 min on foot from Aomori Station on the JR Ou Line

About 10 min by car from Suwanotaira Station on the Aomori Railway

0173-54-1616 About 10 min on foot from Kanagi Station on the Tsugaru Railway

0172-55-6188 About 10 min on foot from Kuroishi Station on the Konan Line of the Konan Railway

[Aomori Prefecture/Aomori]
ASPM

(Aomori Prefecture Tourist Center)

青森県觀光物産館アスパム



ASPM is a hub for Aomori Prefecture tourism and products. In addition to the observation deck, the facility also has one of Japan's biggest 360° 3D theaters and a souvenir shop boasting one of the prefecture's largest selections of products.

青森県の觀光與物產的觀光中心。有展望台、日本最大級別的“360° 3D 影院”、物品种齐全的县内最大级别特产礼品区。

青森縣的觀光與物產的觀光中心。有展望台、日本最大級別的「360° 3D 影院」、物品种齊全的縣內最大級別特產禮品區。

아오모리현의 관광과 물산의 거점시설. 전망대 외에도 일본 최대급의 「360° 3D 극장」, 현 내 최대급의 다양한 상품을 자랑하는 기념품 코너가 있습니다.

017-735-5311

About 8 min on foot from Aomori Station on the JR Ou Line

[Aomori Prefecture/Goshogawara]
Tsugaru Shamisen Hall

津輕三味線會館



津輕三味線會館

The Tsugaru shamisen originated in Kanagi, and the hall introduces the instrument as well as folk entertainment. Visitors can enjoy live Tsugaru shamisen performances.

這是介紹津輕三味線及鄉土藝能的設施，位於津輕三味線的發祥地金木。可欣賞到津輕三味線的現場演奏。

這是介紹津輕三味線及鄉土藝能的設施，位於津輕三味線的發祥地金木。可欣賞到津輕三味線的現場演奏。

쓰가루 사미센의 발상지인 가나기에 있는 쓰가루 사미센과 향토예술을 소개하는 시설. 쓰가루 사미센의 라이브 연주를 감상하실 수 있습니다.

0173-54-1616 About 10 min on foot from Kanagi Station on the Tsugaru Railway

[Hokkaido/Esashi]
Esashi Oiwake Museum/Esashi Yama Museum

江差追分会館・江差山車會館

Experience and enjoy performances of the “Esashi Oiwake” folk song, which is designated as Hokkaido heritage, and there is a display of a permanent exhibition of festival floats from the Ubagamidaijingu Shrine Togyo Festival.

還以常設展的方式展覽着「姥神大神宮渡御祭」的花車，可進行北海道遺產民謡“江差追分”的體驗並觀賞其實際表演。

夷카이도 유산의 민요 「에사시 오이와케」의 체험·실연을 즐길 수 있으며 믹스 축제 「우바가미다이진구 도교사이」의 수레도 상설 전시하고 있습니다.

0139-52-0920 (Esashi Oiwake Museum)

About 1 hr 30 min by bus from Kikonai Station on the JR Hokkaido Shinkansen or the South Hokkaido (Donan Isaribi) Railway



i Tourist Information Center 観光案内 观光问讯处 观光問訊處 관광안내

Tourist information centers 観光案内

Shin-Aomori station. 新青森站 新青森站 신아오모리역

Tourist Information Center Aomori City (Shin-Aomori station)

017-752-6311

Aomori station. 青森站 青森站 아오모리역

Tourist Information Center Aomori City (Aomori station)

017-723-4670

Bus バス

Local Bus: Aomori Station - Aomori Airport 路線バス/青森駅～青森空港

This bus conveniently shuttles passengers between Aomori Airport and Aomori Station.

连接青森机场与青森站的便利巴士。

连接青森機場與青森站的便利巴士。

아오모리 공항과 아오모리역을 연결하는 편리한 버스.

¥ Adult: 480 - 710 yen | Child: 240 - 360 yen

URL <https://www.jrbustohoku.co.jp/>

日本語 | English | 简体字 | 繁体字 | 한국어

One-Coin Bus: Umineko ワンコインバス/うみねこ号

This bus takes passengers to Kabushima, the Tanesashi Coast and other such sightseeing spots.

运行于荒岛、种差海岸等景点。

運行于荒島、種差海岸等景點。

가부시마나 다네사시 해안 등 관광 명소를 운행하고 있습니다.

01 Apr - 7 Nov

¥ Adult: 100 yen | Child: 50 yen

URL <https://www.visitahachinohe.com/en/stories/tanesashi-yuran-bus/>

日本語 | English

i Tourist Information Center 観光案内

观光问讯处 观光問訊處 관광안내

Tourist information centers 観光案内

Shin-Hakodate-Hokuto station. 新函館北斗站 新函館北斗站 신하코다테 호쿠토역

Hokuto City Tourist Information Center

0138-84-1147

Hakodate station. 函馆站 函館站 하코다테역

Hakodate Tourist Information Center

0138-23-5440

Hotels, Inns & Guest Houses ホテル・旅館・民宿

Hakodate Hotel Inn Cooperative 0138-22-2942

URL <https://www.hakodate-yado.com/english/> 日本語 | English

Bus バス

Inner-City Shuttle Bus: Hakodate Ferry Terminal - Hakodate Station 路線バス/函館駅～函館港

This inner-city shuttle bus carries passengers from the Hakodate Ferry Terminal to Hakodate Station.

连接函馆轮渡码头与函馆站,市内间的穿梭巴士。

连接函馆渡轮码头與函館站,市內间的接駁巴士。

하코다테 페리 터미널과 하코다테역, 시내를 연결하는 스피드버스.

¥ Adult: 320 yen | Child: 160 yen URL 0138-55-1111

URL <https://www.hakotaxi.co.jp/shuttlebus/ferry.shtml> 日本語 | English | 简体字 | 繁体字 | 한국어 | Thai script

Aomori Prefectural Tourism Federation Taxi Plan 青森県観光連盟タクシープラン

[Packaged Tours] Chartered Taxis from Aomori City

Reservations can be made on the day of departure.

Take a taxi tour to Oirase Gorge and be soothed by the comforts of nature 乘坐出租车巡游游览奥入瀬溪流美丽大自然 摊慰身心之旅 搭乘計程車巡遊覽覽奧入瀬溪流美麗大自然撫慰身心之旅

택시로 도는 오아모리 계류의 부드러운 자연에 마음이 편안해지는 여행

6 hr course

22 May 2021 - 7 Nov 2021

¥ Adults and children pay the same price. Two passengers (small taxi): 13,000 yen/person | Three passengers: 8,500 yen/person | Four passengers: 6,500 yen/person

●For inquiries: Aomori Prefectural Tourism Federation (017-722-5080) ●Hours: Monday - Friday, 9:00 a.m. - 5:30 p.m. (except on holidays)

*Reservations for these plans cannot be made using this pamphlet. Please visit AOMORI REAL TRAVEL for details. [Packaged Tours] Aomori Prefectural Tourism Federation, Travel Agency Registered with an Aomori Governor No.157 Class 2 Travel Operator, Official member of All Nippon Travel Agents Association, 1-140 Yasukata, Aomori City, Aomori Prefecture

Please visit the following site for booking, inquiries and other Aomori Prefecture Taxi Plans ▶ <http://aomori-travel.aomori-kanko.or.jp/en/> 日本語 | English | 简体字 | 繁体字 | 한국어

Hotels, Inns & Guest Houses ホテル・旅館・民宿

Yado-Net (Japan's largest hotel union booking site) URL www.yadonet.ne.jp/ 日本語 | English | 简体字 | 繁体字 | 한국어

Aomori Prefecture Ryokan Hotel Association 017-777-3411

Special Free Pass おトクなフリーパス

Aomori Holiday Pass あおもりホリデーパス

Saturdays, Sundays and Holidays* Duration* Enjoy one day of non-reserved travel on local trains (including rapid trains) in the Free Zone.

周六周日及节假日* 与特定期间* 任意乘坐自由乘车区域的普通列车(包括快速列车)的普通車自由席。

週六周日及节假日* 与特定期间* 任意搭乘自由乘车区域的普通列车(包括快速列车)的普通車自由席。

토일금휴일* 1과 특정 기간* 2任意使用自由乘车区域的普通列车(包括快速列车)的普通車自由席。

¥ Adult: 2,520 yen | Child: 1,260 yen

Sales locations

Free Zone ticket counters (reserved-ticket machines), View Plaza and most travel agencies.

*1 Excluding 1 - 7 Aug, *2 29 Apr - 5 May, 20-31 Jul, 8-31 Aug, 23 Dec - 7 Jan

JR East Line Aomori Railway Line

Mimiyama Kanita Shin-Aomori Ominato Hachinohe Metoki Kujii

Tsugaru Free Pass 津軽フリーパス

Enjoy two days of non-reserved travel on local trains (including rapid trains) on the JR East, Konan and Tsugaru railway lines in the Free Zone, and certain routes on the Konan Bus (local bus) line. The pass will also get you discounts and gifts at participating stores.

2天任意乘坐自由乘车区域的JR东日本, 弘南铁道, 津轻铁道的普通列车(包括快速列车)的普通車自由席与弘南巴士的指定区间巴士(公交车)。在资助店还有折扣优惠及小礼物!

2天任意搭乘自由乘车区域的JR東日本, 弘南鐵道, 津輕鐵道的普通列車(包括快速列車)的普通車自由席与弘南巴士的指定区间巴士(公車)。在贊助店還有折扣優惠及小禮物!

무료구역 내의 JR 동일본, 弘南鐵道, 津輕鐵道의 普通列車(包括快速列車)의 普通車自由席과 弘南巴士의 指定区间巴士(公車)。在贊助店还有折扣优惠及小礼物!

무료구역 내의 JR 동일본, 고신월도, 쓰가루 철도와 보통차(페스 토퍼)의 보통차 자유석과 고난버스 지정구간(노선버스)이 2일간 승하차 자유 협찬점에서 할인 서비스와 작은 선물도 있습니다.

¥ Adults: 20,000 yen | Children: 10,000 yen

Sales locations

Most stations and airports in the Free Zone *Customers are able to directly purchase a rail pass from selected vending machines in JR East.

JR EAST PASS (Tohoku area)

Customers can use a pass consecutive 5-day with or without Temporary Visitor Visa.

与有无短期逗留的居留资格无关, 可连续使用5天。

与有無短期逗留的居留資格無關, 可連續使用5天。

단기체재의 재류자격 여부에 상관없이 연속 5일간 이용하실 수 있습니다.

¥ Adults: 20,000 yen | Children: 10,000 yen

Sales locations

Most stations and airports in the Free Zone *Customers are able to directly purchase a rail pass from selected vending machines in JR East.



JR East-South Hokkaido Rail Pass

Customers can use a pass consecutive 6-day with eligible Visa such as Temporary Visitor Visa.

持有属于“短期逗留”的居留资格者, 可连续使用6天。

"단기체재"에 해당되는 재류자격이 있는 분은 연속 6일간 이용하실 수 있습니다.

¥ Adults: 27,000 yen | Children: 13,500 yen

Sales locations

Most stations and airports in the Free Zone *Customers are able to directly purchase a rail pass from selected vending machines in JR East.



JR Tohoku-South Hokkaido Rail Pass

Customers can use a pass consecutive 6-day with eligible Visa such as Temporary Visitor Visa.

持有属于“短期逗留”的居留资格者, 可連續使用6天。

"단기체재"에 해당되는 재류자격이 있는 분은 연속 6일간 이용하실 수 있습니다.

¥ Adults: 24,000 yen | Children: 12,000 yen

Sales locations

Most stations and airports in the Free Zone *Customers are able to directly purchase a rail pass from selected vending machines in JR East.

Visit the following website for more information on the three JR passes above ▶ <https://www.jreast.co.jp/multi/pass/>

日本語 | English | 简体字 | 繁体字 | 한국어 | Thai script | Bahasa Indonesia | Français | Deutsch | Español

Hakodate Travel Passport はこだて旅するバスポート

Enjoy one or two days of non-reserved travel on local JR trains (including rapid trains), Hakodate bus routes, Hakodate tram lines, and South Hokkaido (Donan Isaribi) Railway trains in the Free Zone. This pass will also get you discounts and deals at participating stores.

2天或者1天任意乘坐自由乘车区域内的JR普通列车(包括快速列车)以及普通车自由席、函馆巴士、函馆市電(路面电车)、道南漁火铁道。在资助店还有折扣优惠。

2天或者1天任意搭乘自由乘车区域内的JR普通列車(包括快速列車)以及普通車自由席、函館巴士、函館市電(路面電車)、道南漁火鐵道。在贊助店還有折扣優惠。

무료구역 내의 JR 보통열차(페스 토퍼) 및 보통차 자유석, 하코다테 버스, 하코다테 시영 전차, 도난이사리비 철도가 2일간 또는 1일간 승하차 자유 협찬점에서 할인 특전도 있습니다.

Sales period: Until 31 Mar 2022

¥ One-day ticket: Adult: 2,690 yen | Child: 1,340 yen

Two-day ticket: Adult: 3,650 yen | Child: 1,810 yen

Sales locations

At various local train stations, including Hakodate, Goryokaku, Kiyō, (Closed on Sundays/holidays), Nanae, Onuma, Onumakōen, Mori, Yakumo, Oshamambe, Shin-Hakodate-Hokuto, Kikonai, Okutsugaru-Imabetsu.

☎ 011-222-7111

URL <https://www.uu-hokkaido.com/tabpass/index.shtml>

日本語 | English | 简体字 | 繁体字



*Please ask train station employees for more information about tickets and Free Passes.

※有关车票、自由乘车票的详情, 请咨询车站工作人员。

※티켓, 프리패스의 자세한 내용은 역무원에게 문의해 주시기 바랍니다.

※有關車票、自由乘車票的詳情, 請諮詢車站工作人員。

※티켓, 프리패스의 자세한 내용은 역무원에게 문의해 주시기 바랍니다.

Aomori Prefecture & Southern Hokkaido Area Map

青森県・道南 エリアマップ

JR JR East InfoLine 050-2016-160
10:00AM - 6:00PM (excluding New

JR HOKKAIDO RAILWAY COMPANY Telephone Information Center
days) 011-222-7111 6:30AM - 10:00PM

- JR East
Resort Toyama
JR東日本リゾート列車
Reserved seating only
- Resort Shirakami
(Aomori - Shin-Aomori - Hirosaki - Akita *Stops along the way not listed)
[URL](https://www.jreast.co.jp/e/joyful/shirakami.html) https://www.jreast.co.jp/e/joyful/shirakami.html
- Resort Asunaro (Main route: Hachinohe - Ōminato)
[URL](https://www.jreast.co.jp/e/joyful/asunaro.html) https://www.jreast.co.jp/e/joyful/asunaro.html

Private Railways /Trans	Tsugaru Railway 0173-34-2148	South Hokkaido Railway 0138-83-1977
民營鐵道・市電	Konan Railway 0172-44-3136	Hakodate City Tram/Hakodate Transportation Bureau 0138-52-1273
	Aomori Railway 017-752-0330	

 (1) JAL Domestic Reservations/Information ☎ 0570-025-071 ☎ 03-5460-0522
"For Misawa↔Sapporo (Okadama)" ☎ 0570-025-071
(2) FDAI Call Center ☎ 0570-55-0489 (3) ANA Domestic Reservations/Information Center ☎ 0570-029-222
(4) Korean Air, Eastern Japan Branch ☎ 03-5443-3305 (5) EVA Airways ☎ 0570-666-737
(6) Air Do ☎ 0120-057-333 (7) Tigerair Taiwan ☎ 02-6455-0242
(8) HAC Reservation Center ☎ 0570-025-071 ☎ 03-5460-0522

Tokyo (Haneda)	1 hr 15-20 min (1)	Aomori
Osaka (Itami)	1 hr 25-35 min (1)	
Sapporo (Chitose)	1 hr 40-50 min (3)	Misawa
	45-55 min (1)(3)	
Nagoya (Komaki)	1 hr 20-25 min (2)	Hakodate
	1 hr 40-50 min (2)	
Kobe	1 hr 20-25 min (2)	Hakodate
	2 hr 20-35 min (4)	
Seoul *	3 hr 35 min (5)	Hakodate
	3 hr 35 min (5)	
Taipei *	1 hr 20-25 min (1)	Hakodate
	1 hr 30-45 min (1)	
Tokyo (Haneda)	1 hr (1)	Hakodate
	(8)	
Osaka (Itami)	1 hr 20-30 min (1)	Hakodate
	1 hr 30-45 min (1)	
Sapporo (Okadama)	1 hr 20-30 min (1)	Hakodate
	1 hr 30-45 min (1)	
Hakodate *	1 hr 20-30 min (1)	Hakodate
	1 hr 20-25 min (3)(6)	
Tokyo (Haneda)	1 hr 30-45 min (1)	Hakodate
	1 hr 35-40 min (1)	
Osaka (Itami)	40 min (1)	Hakodate
	1 hr 30-35 min (3)(6)	
Sapporo (Okadama)	3 hr 35 min (5)(7)	Hakodate
	3 hr 35 min (5)(7)	
Nagoya (Chubu)	30 min (1)	Hakodate
	30-40 min (3)	
Taipei *	30 min (1)	Hakodate
	30 min (1)	
Okushiri	30 min (1)	Hakodate
	30 min (1)	
Sapporo (Shin Chitose)	30-40 min (3)	Hakodate
	30-40 min (3)	

*Suspended as of Feb 1, 2021